

Club members Testimonials



When I joined Strathmore in 2020, we were in a lockdown and were attending classes online and would continue to do so until a year later. Joining the Mental Health Club gave me the awareness of my thoughts and feelings enabling me to deal with them in a healthy way when there was no one else to turn to but myself. The club also gave me reassurance through webinars that anything I go through is not unique to me and that there are places and people I can go to for help if I need it.

**- Michael Kidero,
BSc. Telecommunications**



"Being a member of the Mental Health Club has been a wonderful and eye-opening experience. What stood out to me the most was the effort made to create a safe space where I can learn more about mental health from experts as well as the experiences of my peers. The activities and discussions organized by the club have covered a range of interesting topics and I look forward to attending more in the future."

**- Vidaline Williams,
Bachelor of Laws**



**STRATHMORE
MENTAL HEALTH CLUB**



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Get In Touch

mentalhealthclub@strathmore.edu

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🌐 www.sumentalhealthclub.co.ke

**Be at the forefront
of Mental Health
Awareness.**



About us

Founded in 2018, the Strathmore Mental Health Club has been at the forefront of mental health awareness initiatives both on-campus and outside the university. We run mental health events and campaigns throughout the year, our main event being the Mental Health Awareness Week around 10th October – World Mental Health Day.

Our Mission

- ♥ To promote open & honest dialogues surrounding mental health.
- ♥ To create awareness surrounding mental health
- ♥ To collaborate with mental health organizations to create this awareness.

Our Vision

To promote the mental health, consciousness, and wellness of individuals in the Strathmore University fraternity.

Activities | Events | Opportunities

- Mental Health Awareness Week
- Mental Health Awareness Month
- Members retreat
- Members hang outs
- Volunteer in our events
- #LetsTalk sessions
- Club podcasts
- Support groups
- Club leadership
- Media campaigns

Why Mental Health Club?

Ignite your passion for mental health

The Club brings together a community of mental health enthusiasts and those who share the passion for mental health awareness. Club members widely interact in mental health information and discussion while exchanging thoughts, perspectives, and insights amongst each other about mental health.

A safe space to express yourself

The Club appreciates the importance of safe spaces for individuals to freely express their feelings, thoughts, and ideas. The club seeks to expand safe spaces even outside the club by consistently encouraging the importance of creating an environment of empathy and consciousness of mental health and encouraging individuals to seek support.

A fulfilling club experience

Members are consistently involved in the activities of the club with some of them actively participating in our events and projects including hosting events and podcasts. We engage members through meetings and in fun activities during our bi-annual retreats. Members as well get opportunity to be in working teams, manage projects or take transitional leadership positions.

Make an impact

We welcome ideas that are geared towards promoting mental health awareness. With that in mind we value the relationship we have with our members, partners, and the Strathmore fraternity. This worthy cause needs all of us. We welcome you on board!